



SILVER SALTIES

Catching Waves

Objective To promote the physical and social health benefits of catching waves e.g. body surfing, body boarding and any other appropriate method, and catching up socially afterwards with other Silver Salties

Duration

45min – 1hr per session

Frequency

One session a week

Program

10 weeks (or ongoing)

Place

Meet at the beach flags

Intensity

Moderate to Vigorous

CRITERIA

All participants should:

- Have good to very good mobility and high to very high fitness levels.
- Be able to swim 200m comfortably in a pool.

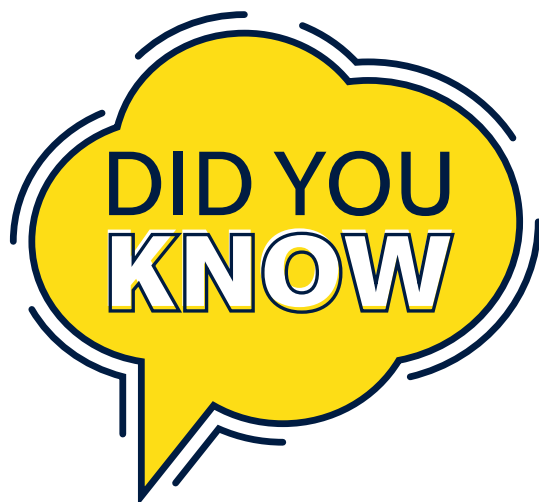
SAFETY

All participants should:

- Consult with their doctor before participating.
- Be sun-safe and wear appropriate swimwear.
- Bring any medications, asthma puffers, and water.
- Use relevant support equipment e.g. flippers
- A SLS patrol, along with the SLS Club Leader will monitor participants.

A TYPICAL SESSION

- Welcome, introductions, group check in, safety and session overview by SLS Club Leader – 5min
- Warm-up on the beach and/or in the surf – 5-10min
- Catching waves – 25-30min
- Cool-down in the surf e.g. easy swim or on the beach e.g. easy jog or walk.
- Morning tea – Participants can meet up for morning tea with the rest of the group e.g. bring a plate and meet at the park or meet at a local café.



Surfing is an amazing workout and can enhance balance, coordination, and strengthen all parts of your body.

There is a large surf community of older surfers. Surfing is a great excuse to meet up with friends and have “board meetings” in the ocean.

Surfing is amazing relaxation. Whether you are forgetting your problems catching waves or staring off into the horizon, the ocean and surfing provide a framework to promote deep relaxation and stress relief. After a good surf session, you will come out of the ocean feeling lighter from the release of stress and burdens.

Source: <https://www.theinertia.com/surf/5-reasons-why-youre-not-too-old-to-learn-to-surf/>, viewed 28/08/19

Beach Education

- Beachsafe.org.au
- Rip currents
- Types of waves
- Surf zones
- How weather affects the beach
- DRSABCD
- Marine stingers
- Lifeguard tips
- The right gear

Surfing Etiquette

- Right of way
- No shadowing
- Ducking under waves
- Safety always

Body Surfing

- Support equipment – fins, hand boards
- Spotting the right wave – sandbanks, types of waves
- Pushing off the ocean floor
- Timing and technique

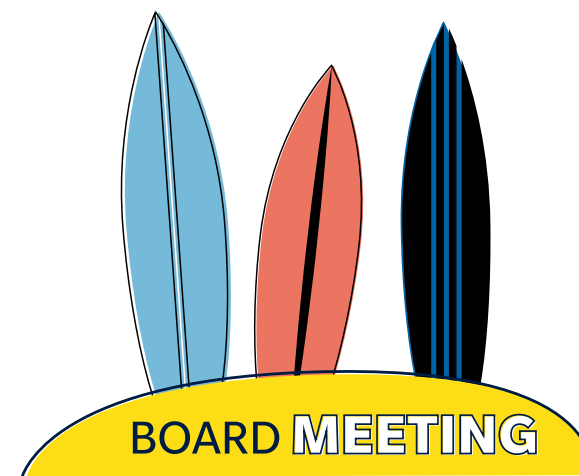
Body Boarding

- Equipment - board, fins, rashie, wristband
- Surf awareness
- Getting along with swimmers

CASE STUDY:

Albany SLSC “Granny Grommets”

- The Granny Grommets is a group of over-50s women from the Great Southern region who meet once a week at Middleton Beach to go surfing, body boarding and swimming — most having never tried surfing before joining the Grommets.
- The Grommets started about 17 years ago as part of an over-50s recreational group.
- Since the group started, numbers have swelled to nearly 70 members, dozens showing up every Friday morning — rain, hail or shine — with religious fervour.
- New members must follow three simple rules: be over 50 years of age, know basic surf lifesaving skills, and, most importantly, be willing to laugh.



Source: <https://www.abc.net.au/news/2017-09-08/granny-grommets-prove-age-no-barrier/8870834>, viewed 28/08/19